



Sacramento Walking Sticks

American River 6K and 11K Walks #0990



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Walking Sticks**

Directions to Start Location:

Walks start at Starbucks located at 610 Watt Avenue, Sacramento, CA 95864. From US 50, head north on Watt Ave. Starbucks is located on the right after crossing Fair Oaks Boulevard in a small strip mall past the Arco gas station. Vendors request we park toward the rear of the parking lot leaving spaces for their customers. Their hours are daily M-F 4:30 am to 8:00 pm, Sat/Sun 5 am to 7:30 pm. Call for holiday hours. The Walk Box is located next to the condiment counter in the seating area.

Walk Information:

Restrooms are available at the beginning of the walk. If the campus is open, there is a restroom in an engineering building at the bottom of the steps by the Guy West Bridge. The 6K walk gives a walk through lovely neighborhoods and a portion of the American River Parkway. The 11K highlights a beautiful section of the American River Parkway bike path and crosses the river on 3 different bridges. This pleasurable walk is memorable in the early morning and near dusk as the sun reflects on the fast-moving river. Watch for birds and deer as well as other wildlife along the trail. Be sure to walk on the left side of the bike path for the safety as this trail is heavily used by cyclists. Keep dogs close on leash.

OSB Info:

Be sure to log back into the OSB system (my.ava.org) to finish/complete your online registration after doing the walk.

The OSB system does not deduct any walking fee from a walker Event Bank until they have submitted walk completion info including the date the event was walked, the distance walked, and the selection of applicable special programs that the walker participated in.

(Nevertheless, a fee of \$2 for a downloaded pdf is deducted from the user Event Bank when the pdf file is downloaded. Later, any pdf fees are credited back to the walker Event Bank when he/she submits the walk completion info as paying for a credit walker **Note however that the \$2 coupon for the downloaded pdf expires in 60 days**

OSB Event Directions: Do not mix and match registration methods; for example, by registering using the OSB then completing your event using the PSB nor signing the PSB log sheet. The sponsoring club only receives credit for an OSB participation when an it has been completed online with participation date, distances and any special programs.

For emergencies, call 911 For local walk info:

balesb@att.net

These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.



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American River – 6K – AVA #0990

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Start Point: Starbucks, 610 Watt Ave, Sacramento, CA 95864

Contact: Beverly Bales (916) 488-8570 balesb@att.net

www.SacramentoWalkingSticks.org

For safety's sake, please walk on the **left** side of bike trails or roadways without sidewalks.

| # | Direction | Km |
|---|---|------|
| 1 | Leaving Starbucks looking towards Watt Ave turn LEFT , then RIGHT to exit the parking lot to Watt Ave. Use caution, it's a very busy parking lot. (55 m) | 0.06 |
| 2 | LEFT to cross La Brea Wy and proceed to the corner of Watt Ave and Fair Oaks Blvd (65 m) | 0.12 |
| 3 | RIGHT to cross Watt Ave in the crosswalk (40 m) | 0.16 |
| 4 | LEFT to cross Fair Oaks Blvd in the crosswalk (41 m) | 0.20 |
| 5 | CONTINUE on the sidewalk toward the Watt Ave Bridge. Prior to the bridge, there is an off ramp for American River Dr. Beautiful fountain to the right. (243 m) | 0.44 |
| 6 | VEER to the right down the off ramp toward American River Dr (168 m) | 0.61 |
| 7 | LEFT at the crosswalk when you get to the bottom of the hill. Be very careful crossing as drivers will be looking to their left coming down the off ramp. Use caution, it's not well marked (53 m) | 0.67 |
| 8 | RIGHT once you cross American River Dr (575 m) | 1.24 |
| 9 | LEFT on Kadema Dr (sign on the right side of American River Dr) (510 m) | 1.75 |

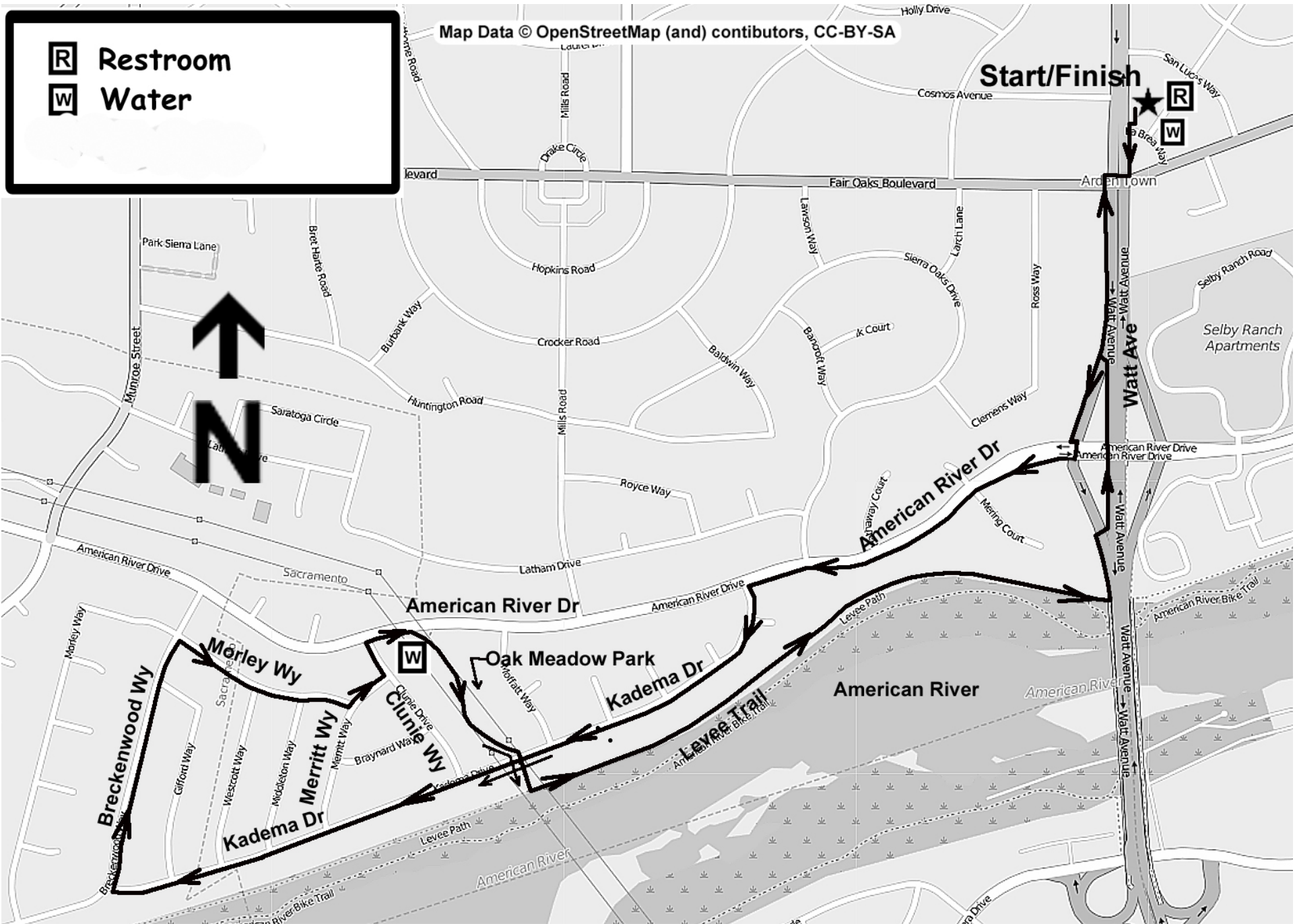
| # | Direction | Km |
|-------------------------|--|------|
| 10 | PASS the ramp up to the levee (go straight but you will be back here at step 17) (710 m) | 2.46 |
| 11 | RIGHT on Breckenwood Wy (end of Kadema Dr) (420 m) | 2.88 |
| 12 | RIGHT on Morley Wy – easy to miss. It's right before American River Dr. Sign is on the left side of the street. (300 m) | 3.18 |
| 13 | LEFT on Merritt Wy (80 m) | 3.26 |
| 14 | LEFT on Clunie Wy (60 m) | 3.32 |
| 15 | RIGHT on American River Dr (80 m) | 3.40 |
| 16 | VEER right into Oak Meadow Park in an opening in a black fence. Drinking fountain with doggie fountain on the right (280 m) | 3.68 |
| 17 | CROSS Kadema Dr and go up the asphalt ramp, around the silver gate, to the top of the levee (70 m) | 3.75 |
| 18 | LEFT at the top of the levee towards Fair Oaks Blvd (1050 m) | 4.80 |
| 19 | LEFT on the Watt Ave Bridge retracing your steps to Starbucks (660 m) | 5.46 |
| 20 | CROSS at the crosswalk at Fair Oaks Blvd and Watt Ave (40 m) | 5.50 |
| 21 | RIGHT at Watt Ave crosswalk (40 m) | 5.54 |
| 22 | LEFT to Starbucks to finish (120 m) | 5.66 |
| CONGRATULATIONS! | | |

Please visit our website for upcoming events, membership, and other information:

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R Restroom
W Water

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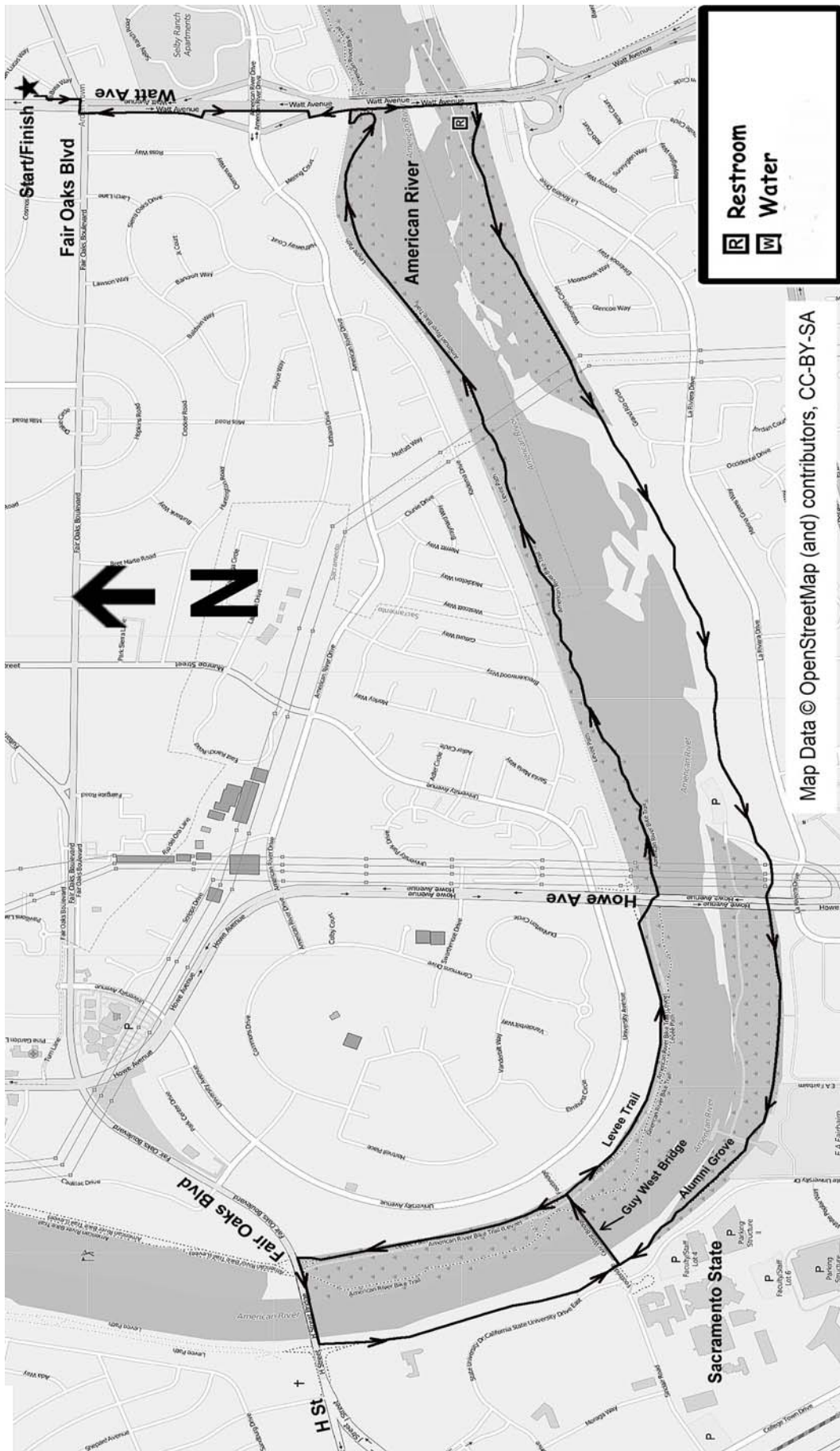
For safety's sake, please walk on the **left** side of bike trails or roadways without sidewalks.

| # | Direction | Km |
|----|--|------|
| 1 | Leaving Starbucks looking towards Watt Ave turn LEFT , then RIGHT to exit the parking lot to Watt Ave(use caution)(57m) | 0.06 |
| 2 | LEFT to cross La Brea Wy and proceed to the corner of Watt Ave and Fair Oaks Blvd (64 m) | 0.12 |
| 3 | RIGHT to cross Watt Ave in the crosswalk (39 m) | 0.16 |
| 4 | LEFT to cross Fair Oaks Blvd in the crosswalk (43 m) | 0.20 |
| 5 | PROCEED all the way across the bridge until you reach the end of the green fence. Turn RIGHT to the levee (997 m) | 1.20 |
| 6 | At the top of the levee, FOLLOW the asphalt path going down toward a parking lot. Restroom on the right. This is a bike trail – Please walk on the left for everyone's safety! Look both ways. The American River is on your right. (140 m) | 1.34 |
| 7 | FOLLOW this bike trail for a long stretch. As it approaches Howe Ave (the next bridge), the trail will go back to the top of the levee. (2170 m) | 3.51 |
| 8 | CROSS the access road at the stop sign (20 m) | 3.53 |
| 9 | VEER to your right going down the levee and under the Howe Ave Bridge. Continue on the bike trail until you get back to the top of the levee (just past Alumni Grove) (1240 m) | 4.77 |
| 10 | RIGHT at the top of the levee going toward the Guy West Bridge (a scaled down replica of the Golden Gate Bridge). To your left is CSUS – California State University at Sacramento (90 m) | 4.86 |
| 11 | RIGHT on the Guy West Bridge to cross the American River (250 m) | 5.11 |
| 12 | LEFT at the end of the bridge and stay on the top of the levee. Ignore the paths leading down the levee until you get to the H St./Fair Oaks Blvd Bridge (the next bridge). (Continued at top of next column) | 5.83 |

| | | |
|---|--|-------|
| 12 | This H St/Fair Oaks Blvd Bridge has been under construction all year so you may need to go to the right and then switch back to get access to the bridge. (720 m) | |
| 13 | LEFT on the sidewalk at the H St./Fair Oaks Blvd Bridge. May be difficult to see until you get there. (270 m) | 6.10 |
| Self-Checkpoint: At the end of the bridge there is a plaque labeled "The Fair Oaks Boulevard Bridge". Who is the County Engineer listed on the plaque? | | |
| 14 | LEFT on the path through a silver gate at the top of the levee. Continue along the top of the levee until you get to the Guy West Bridge. This is a bike trail - Walk on the left, please! California State University at Sacramento is on your right (810 m) | 6.91 |
| 15 | LEFT on the Guy West Bridge to cross it again. (240 m) | 7.15 |
| 16 | RIGHT at the end of the bridge along the top of the levee. Stay on the top of the levee until you are approaching Howe Ave (the next bridge). (870 m) | 8.02 |
| 17 | VEER to the right going down the levee on the path that leads under the Howe Ave Bridge. (100 m) | 8.12 |
| 18 | LEFT at the Stop sign and onto the main bike trail. Walk a long stretch until you get a few steps away from the Watt Ave (the next bridge). There is a drinking fountain about midway. (2440 m) | 10.56 |
| 19 | LEFT on the path that leads up to the top of the levee that is just to the right of the drinking fountain and restroom. (80 m) | 10.64 |
| 20 | RIGHT at the top of the levee to the Bridge (40 m) | 10.68 |
| 21 | LEFT on the Watt Ave Bridge retracing your steps to Starbucks (670 m) | 11.35 |
| 22 | CROSS the crosswalk at Fair Oaks Blvd. (40 m) | 11.39 |
| 23 | RIGHT at Watt Ave crosswalk (40 m) | 11.43 |
| 24 | LEFT to Starbucks to finish. (60 m) | 11.49 |
| CONGRATULATIONS! | | |

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Instructions last updated: 7-5-16